



Mountain View Public Library

Dr Dhurga Reddy



“Menopause: safe and effective alternatives to hormone replacement therapy”

In this lecture, Dr. Reddy will discuss natural therapies that can be used for relief of many of the symptoms of menopause, such as hot flashes, insomnia, headaches, and changes in mood.

She will also discuss important ways women going through menopause can work preventively to optimize their health.

Topics she will discuss, as they are related to menopause, include: nutrition, exercise, bone health, bio-identical hormones, and breast cancer.

Wednesday, February 10, 7 pm
Mountain View Public Library Community Room
585 Franklin Street
Mountain View, CA 94041
650 903 6337

Dr Reddy is a licensed Naturopathic Doctor and Yoga Therapist. She received her doctorate in Naturopathic Medicine from Bastyr University, and her Bachelor's of Science from Cornell University. She practices primary care medicine, with a specialty in Women's Health and Cardiovascular Wellness, at her clinic in Palo Alto. Visit her at www.dhurgareddy.com.